



## Get Fit with Zumba!!!

In keeping with the Kentucky HealthNow initiative, Holly Callaghan with the Office of Administrative Services has offered to teach a Zumba class for Finance Cabinet employees.

This is a pilot program starting with Finance employees. The class will be held Wednesday afternoons in the Capitol Annex cafeteria.

Holly, a certified instructor for about two years, said she's excited about sharing a fun and exhilarating way to exercise.

"With ZUMBA it doesn't matter whether you can dance or not, how old you are, or what your fitness level is," said Callaghan. "Leave your worries behind, follow my lead and have fun moving to awesome music from all around the world! You'll have a blast shrinking everything, but your smile!"

If you are interested in the class please let Holly know by April 8. Her email is holly.callaghan@ky.gov.

Below are three options for the class start/end time. In your email to Holly, please let her know which time you prefer. Based on the number of responses, the class will be offered at the time the majority can attend.

1) 4:45pm-5:45pm

2) 5:00pm-6:00pm

3) 5:15pm-6:15pm

Depending on the level of interest, other sessions may be added.



FAC Spotlight:
Secretary Lori Flanery Named a
Top 25 Dreamer & Doer by
GovTech Magazine

Finance and Administration Cabinet Secretary Lori Hudson Flanery has been recognized as a Top 25 Dreamer and Doer by Government Technology magazine.

"I am honored to receive this recognition," said Secretary Flanery. "It is a reflection of how Gov. Beshear has made technology and access to technology priorities for his administration. As Finance Cabinet secretary, I've had wonderful opportunities to work with a great team of



technology professionals across state government and in the private sector, all of whom have truly made this award possible."

Government Technology magazine began the Top 25 in 2002 to recognize individuals who exemplify transformative use of technology to improve the way government does business and serves its citizens.

For Secretary Flanery, the magazine highlighted two strategic initiatives she's been involved with that focus on broadband and connectivity as well as collaboration and consolidation.

First, the Commonwealth's most ambitious technology infrastructure project in more than 50 years is highlighted. Through this public-private-partnership more than 3,000 miles of middle-mile high capacity fiber will be built out to every coun-

ty in Kentucky, starting with Eastern Kentucky as part of SOAR. Private and public internet service

providers will be able to tie into the open access network to deliver broadband to communities.

Second, with the recent change to managed print services, Kentucky is now saving millions of dollars annually since downsizing and consolidating the number of printer devices across government agencies.

Secretary Flanery was appointed cabinet secretary in 2011. Prior to that, she was deputy secretary and interim CIO for the Commonwealth Office of Technology, an agency of the Finance Cabinet.

For more information, visit http://www.govtech.com/top-25/.

## **Celebrate Earth Day, April 9**

Kentucky First Lady Jane Beshear is collaborating with the Energy and Environment Cabinet and the Kentucky Environmental Education Council to host the 2015 Earth Day Celebration.

When: 10:30 a.m. - 1 p.m.

Thursday, April 9, 2015

Where: Thomas D. Clark Center for

Kentucky History

Brown-Forman Room and Cralle-Day Garden

The State Office Building Green Team will be participating in the Earth Day Celebration. So check out what they have to offer

State employees have been granted up to two hours leave time to attend the event with prior approval.

For additional information and a listing of all other participants, click here.

## Why do I keep receiving emails about HumanaVitality? I have Anthem health insurance now, right?

Yes. However...

Anthem is the health insurance administrator. HumanaVitality is the wellness program administrator.

Compass is the

healthcare savings service.

CVS/Caremark is the

pharmacy benefit manager.

WageWorks is the

FSA and HRA benefits administrator.

Click here to learn more about these services

If you have a LivingWell plan, you are required to keep the LivingWell Promise by May 1, 2015. Click here to learn more about the LivingWell Promise



## **10 Outdoor Spring Adventure Events at Kentucky State Parks**

With warmer weather finally here, the Kentucky State Parks are gearing up with plenty of outdoor adventure events and activities.

Hiking, canoeing, archery and more are all on the calendar in late March and throughout April at the Kentucky State Parks.



"This is a great time of the year to get outside and get active at a Kentucky State Park," Parks Commissioner Elaine Walker said. "We have great events being held across the state that are perfect for guests of all ages."

Here's a list of 10 outdoor events at Kentucky State Parks in March and April. Learn about details for these and other events by visiting www.parks.ky.gov

Tygart Creek Paddle Excursion, March 28, April 4, April 26, at Carter Caves State Resort Park

Flying Pig Orienteering Event, March 28-29, Carter Caves State Resort Park

Regional Scholastic 3-D Archery Tournaments, March 28, Greenbo Lake and Pennyrile Forest State Resort Parks. April 11-12 at Blue Licks Battlefield State Resort Park. April 18-19 at Kenlake State Resort Park. May 2-3 at Green River Lake State Park. State championships May 16-17 at Barren River Lake State Resort Park. Visit www.s3da.org/

First Day Hike, April 1, Pennyrile Forest State Resort Park

Trekking Series Scuttlehole Trail, April 4, Cumberland Falls State Resort Park

**Moonlight Canoe Trip**, April 4, Pennyrile Forest State Resort Park

**Explore Archery**, April 8, E.P. "Tom" Sawyer State Park

Goose Creek 5K Run, April 11, E.P. "Tom" Sawyer State Park

Geocaching Event, April 24-26, Lake Cumberland State Resort Park.

Grayson Lake Paddle Trip, May 10 and June 13, Carter Caves State Resort Park

To find information about all of the outdoor opportunities and locations, as well as a calendar of events happening all across Kentucky, visit the Office of Adventure Tourism's website at www.getoutky.com.